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**FOR IMMEDIATE RELEASE**

## **Anaheim YMCA and Anaheim Memorial Medical Center Offer “Head to Toe: Wellness for the Whole Family” Series**

ANAHEIM, Calif. —With diabetes, hypertension and other obesity-related chronic diseases increasingly prevalent among youth locally and nationwide, the Anaheim Family YMCA and Anaheim Memorial Medical Center are partnering to offer a free health education series for families on Tuesday evenings each month at the Anaheim Downtown Community Center at 250 E. Center Street from 6:30 p.m. to 8:30 p.m.

The “Head to Toe: Wellness for the Whole Family” series will run through May 2007, offering expert advice from medical professionals about healthy eating and nutrition, exercise, diabetes, vision and dental care, allergies, asthma, skin safety and more. “It is important to educate the entire family about all aspects of health and well-being as better health starts in the home,” said Ignacio Zarate, MD, Medical Director of Anaheim Memorial’s Emergency Department. “The Head to Toe program offers families important information that can change the way they live their lives.”

According to the Centers for Disease Control and Prevention (CDC), the percentage of young people who are overweight has more than doubled in the last 20 years. Chronic diseases such as heart disease, cancer and diabetes are leading causes of disability and death in the United States, with 70 percent of the nation’s total medical care costs treating those with these conditions.

“The Anaheim Family YMCA’s mission to help youth develop strong spirits, minds and bodies is more important than ever,” said Paul Andresen, Anaheim Family YMCA CEO. “Our new partnership with Anaheim Memorial is a significant step toward helping thousands of families lead healthier lives.”

### **Upcoming Seminars:**

- Tuesday, July 25: Vision Care
- Tuesday, Aug. 22: Allergies/Asthma
- Tuesday, Oct. 24: Heart Health – Hypertension
- Tuesday, Nov. 28: Flu Bug and Tummy Aches
- Tuesday, Dec. 19: Diabetes

“This health series is a valuable addition to our other health-related programs, such as Y Be Healthy, YMCA Youth Sports and Activate America,” said Karla Sherman, Anaheim Family

YMCA Youth Sports senior program director. “We encourage all parents and their kids to come to these fun and educational seminars.”

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*Celebrating its 95th anniversary this year, the Anaheim Family YMCA currently serves more than 10,000 kids and families in the Anaheim, Cypress, Stanton and La Palma communities. 240 S. Euclid Street, Anaheim, CA 92802. Phone: (714) 635-9622. Fax: (714) 635-8151.*

*Recognized for delivering community outreach programs, Anaheim Memorial Medical Center has served the communities of North Orange County for more than 45 years and is part of the not-for-profit Memorial Health Services system, which includes Long Beach Memorial Medical Center, Miller Children’s Hospital, Orange Coast Memorial Medical Center and Saddleback Memorial Medical Center.*

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